



Infusing Flavors: Intense Infusions for Food and Drink: Recipes for oils, vinegars, sauces, bitters, waters & more

Erin Coopey

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Ready to escape "vanilla" ho-hum recipes, embrace your culinary creativity, and taste something new? Yeah, we thought so. Pick up this cookbook--your ticket to a world of flavor.

Infusing Flavors features recipes to infuse mind-blowing flavors into teas, tisanes, bitters, liqueurs, aguas frescas, waters, vinegars, oils, gastriques, shrubs, ice creams, soft drinks, and more. Each section in the book is packed with unique recipes. You'll learn which herbs, fruits, flowers, vegetables, and even seeds can be prepared and infused into all-natural food and drink recipes. With its emphasis on flavor infusions that stretch beyond your standard cocktail bitters, this book is a special treat for any food lover.

Here's a taste of some of the ingredients you'll use in *Infusing Flavors*:

Herbs and flowers - chamomile, lavender, lemongrass, rosemary, mint, sage, thyme, lemon verbena, ginger, basil

Fruits - cherry, peach, strawberries, raspberries, blackberries, blueberries, citrus (lemons and oranges), watermelon

Veggies, berries, and roots - celery, fennel, dandelion

The blending and infusing chapter, plus the diverse recipe sections of the cookbook, promise to keep readers enthralled and learning something they never guessed about these wide-ranging ingredients for flavor infusion. The book includes information about the following:

Peel-to-stem is the new nose-to-tail: introduction to the movement Blending Infusing Storing Experimenting with flavors Health benefits (including tips on growing your own fresh herbs)

The Recipes

Teas and tisanes - herbal and fruit; iced and hot

Honeys, sugars, and simple syrups

Extracts and bitters - from baker to bartender

Shrubs, switchels, and kombuchas

Soft drinks and infused waters (sodas, beer, and "ade")

Flavored oils - the chef's secret

Vinegars and gastriques

Broths

Desserts and sweets

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